



"We eat, we drink, then all else comes later"

From a family with a natural gift and passion for cooking food, the idea was born to open a REAL Portuguese restaurant. Authentic, simple recipes, that have been passed down from mothers to daughters and cherished in our family, prepared and enjoyed by us over festive, memorable Sunday lunches over several generations. Tia bringing wholesome homemade Portuguese food from her kitchen to your plate.

PortuGalo has been created by bringing across these REAL traditional Portuguese dishes, at the same time reinventing the old traditional interiors and creating an old vintage, yet modern looking environment with REAL Portuguese cuisine.

Our open Volcanic rock grill brings out the unique fresh and natural flavours of our grilled meals.





Plate of the Day / Prato do Dia

In Portugal, a family Sunday lunch will centre around a traditional Portuguese dish made to old authentic recipes and chosen according to the region's specialties.

We here at PortuGalo offer you these traditional dishes better known as the

"Prato do Dia"

**-Please ask your waitron for
the selected plate-**

*There is no sincere love
than the love of food.*

All products subject to availability. Prices inclusive of VAT.

Service charge not included.

Traces of nuts may be found in certain of our products.



Tapas / Petiscos

- A Little Taste of Portugal -



KALE SOUP CALDO VERDE 49

Hearty Portuguese soup made with fresh kale, blended potatoes, sliced chouriço, onion & drizzled with olive oil.

CHICKEN LIVERS FIGADOS DE GALINHA 55

Grilled livers in a white wine tomato based sauce. Served lemon & herb or *píri-píri*.

CHICKEN GIBLETS MOELAS GUIADAS 65

Sautéed giblets cooked in a white wine sauce.

CHICKEN WINGS ÁSAS DE FRANGO 69

Volcanic rock flamed, in our *LM* style marinade. Served either lemon herb or *píri-píri*.

OCTOPUS POLVO 89

Volcanic rock flamed baby Octopus grilled in our *LM* style sauce. Splashed with fresh lemon and coarse sea salt. (Subject to Availability).

HOUSE STYLE MUSSELS MEXILHÕES À CASA 69

Half-shell Mussels cooked in a white wine sauce with roasted red & green peppers.

PORTUGUESE STYLE CALAMARI 69

LULAS COM MOLHO A PORTUGUÊSA

Marinated in our signature marinade, scorch grilled or fried.

PRAWNS CAMARÃO 79

4 Medium prawns grilled *LM* style.

GRILLED SARDINES SARDINHAS ASSADAS 55

Volcanic rock flamed, salt crusted sardines topped with grilled green pepper vinaigrette.

PRAWN RISsoles RISSEIS DE CAMARÃO 59

Deep fried, crumbed shrimp turnovers with spicy prawn filling.

TRINCHADO 89

Succulent pan-fried beef cuts with white wine, garlic, bay leaf and paprika.

FIRED UP CHOURIÇO 85

Smoked spicy Portuguese sausage flambeed with Portuguese "Fire Water".

PORTUGUESE BREAD ROLL 10

Complimentary bread rolls will be provided at initial seating only.

Salads / Saladas

- From the Vegetable Patch -



PORTUGUESE SALAD

50 | table 89

SALADA PORTUGUÊSA

Mixed lettuce, cucumber, tomatoes, red onions & black olives with Portuguese dressing.

CALAMARI & CHOURIÇO SALAD

110

SALADA DE LULAS E CHOURIÇO

Portuguese salad topped with chargrilled chouriço & grilled calamari.



CHICKEN SALAD *SALADA DE FRANGO*

89

Portuguese salad topped with chargrilled chicken breast strips and roasted red peppers with an olive oil, *píri-píri*, balsamic glaze, honey and mayonnaise dressing.

OCTOPUS SALAD *SALADA DE POLVO*

108

Volcanic rock flamed baby Octopus grilled in our *LM* style sauce. Splashed with fresh lemon and coarse sea salt on a traditional Portuguese salad.

(Subject to Availability).



PRAWN & PEACH SALAD

108

SALADA COM CAMARÃO E PESSEGOS

Pan fried *LM* style prawns, with slivers of preserved peaches and avocado (seasonal) on a bed of baby lettuce, basil with an olive oil, *píri-píri*, balsamic glaze, honey and mayonnaise dressing.

Traditional Rolls / Papo Seco Tradiocional

- Served with our traditional fried, thin, round cut potatoes -

PREGO

98

Pan fried, mature rump marinated with white wine, garlic, paprika and bay leaves in a Portuguese roll.

CHICKEN PREGO *PRÉGO DE FRANGO*

85

Pan fried chicken fillet marinated with white wine, garlic, paprika and bay leaves in a Portuguese roll.

PORTUGUESE BURGER *HAMBURGER A PORTUGUÊSA*

98

Volcanic rock flamed home ground beef mince infused with chouriço.

ADD ON

Creamy Feta 25

Avocado 15
(Seasonal)



ADD ON

Fried Egg 8
Hickory Ham 25
Cheddar Cheese 25






Spicy



Vegetarian



Pasta / Massa

- SEAFOOD LINGUINE** *MASSA DE MARISCO* 128
Sautéed prawns, calamari & mussels in a spicy white wine tomato-based sauce.
-  **CHICKEN & CHOURIÇO PASTA** *MASSA COM FRANGO E CHOURIÇO* 95
(Penne or Linguini)
Chicken breasts & chouriço in a creamy tomato, white wine sauce.
-  **ANCHOVY SEA SHELL PASTA** *MASSA DE ANCHOVAS* 75
Anchovies, capers, Portuguese olives, garlic and a hint of fresh chilies tossed with olive oil and grated parmesan cheese served with pasta shells.
-  **VEGETARIAN PASTA** *MASSA VEGETARIANO* 75
(Penne or Linguini)
Portuguese black olives, sliced black mushroom in a herb tomato, onion, and garlic blend.

Old style Portuguese Stewpots / Cataplanas

- Tia's Sunday Lunch Family Feasts! -

-  **CHICKEN & PRAWN CURRY** *CARIL DE CAMARÃO E FRANGO* 135
Chicken breasts & deshelled prawns in our mild coconut milk curry sauce, served with white rice.
-  **SEAFOOD RICE** *ARROZ DE MARISCO* 179
Spicy tomato rice with crab segments, mussels, calamari and prawns.
- SEAFOOD CATAPLANA** *CATAPLANA DE MARISCO E PEIXE* 196
Stew based dish with white wine, prawns, mussels, hake, calamari, and chouriço. Served with white rice
- PORK & BEAN STEW** *FEIJOADA* 110
Traditional stew of pork cuts with chouriço, onion, beans & spices, served with white rice.
- PORTUGUESE TRIPE** *DOBRADA* 120
Portuguese style stew made with tripe, pork belly, chouriço and selected Portuguese sausage, served with white rice.
- PORK LOIN WITH CLAMS** *CARNE DE PORCO À ALENTEJANA* 120
Pork loin cubes with clams in a white wine sauce, served on top of fried potato cubes.

Vegeterian Dishes / Pratos Vegetariano



CHICKPEA CURRY CARIL DE GRÃO

85

Potato, butternut, spinach, red peppers and chickpeas in our mild coconut milk curry sauce, served with white rice.



GREEN PEA STEW ERVILHAS ESTUFADAS

85

A herb tomato based stew with carrots, potatoes and green peas. Served with white rice.

Seafood / Marisco - Peixe

- Served with a side of your choice,
where applicable -

ADD ON
LM Prawns 40
Calamari 40
Mussels 25
Chouriço 40

GRILLED COD FISH BACALHAU ASSADO

195

Cod fish served with boiled potatoes, chickpeas, boiled egg and chargrilled green pepper, onion & olive oil vinaigrette.

COD FISH A BRAZ BACALHAU Á BRAS

165

Shredded cod fish, blended with garlic, onion, egg, shoe string potato, black olives and fresh parsley.

BAKED COD FISH BACALHAU COM NATAS

185

Layers of shredded cod fish, potatoes, onions with white sauce & breadcrumbs baked in the oven.

GRILLED SARDINES SARDINHAS ASSADAS

98

Volcanic Rock Flamed, salt crusted sardines topped with grilled green pepper vinaigrette.

LINEFISH OF THE DAY PEIXE DO DIA

Selected fish of the day grilled **LM** style.

Priced on
Availability

WHOLE CATCH OF THE DAY PEIXE DO DIA (Seasonal)

Volcanic Rock Flamed whole linefish basted **LM** style.

Priced on
Availability

BEER BATTERED HAKE PEIXE FRITO EM CAPOTE

115

Beer battered fried hake served with tartar sauce.
(Grilled option on request).

GRILLED SOLE LINGUADO GRELHADO

170

Sole grilled **LM** style.

PORTUGALO KINGKLIP

198

CONGRO NO OSSO À CEBOLADA

Volcanic Rock Flamed kingklip on the bone topped with a chunky tomato and onion relish with bay leaves, capers, olives and white wine.



Spicy



Vegetarian

PORTUGUESE STYLE CALAMARI

98

LULAS COM MOHLO A PORTUGUÊSA

Marinated in our signature marinade, scorch grilled or fried.

**PAN-FRIED PRAWNS NACIONAL****CAMARÃO NACIONAL**

(8) 149

Medium prawns sauteed in olive oil, garlic,

(12) 198

piri-piri, fresh lemon juice & beer.

(24) 369

**LM STYLE PRAWNS CAMARÃO LM**

(8) 149

Grilled medium prawns.

(12) 198

"Lorenço Marques" *LM* style.

(24) 369

Portugalo Platters

- Served with a side of your choice -

SEAFOOD PLATTER FOR 1 TRAVESSA DE MARISCO MISTO 198

Line fish, medium prawns *LM* style,
calamari, mussels & a prawn rissole.

(double up for 2) 385

CHEFS PLATTER FOR 1 TRAVESSA MISTA 189

Volcanic rock flamed half baby chicken

(double up for 2) 368

LM style, sliced chouriço, medium prawns

LM style & calamari.

ADD ON

LM Prawns 40

Calamari 40

Mussels 25

Chouriço 40

Volcanic Rock Flamed Grills

- Fired Over Open Flame Volcanic Rock -

- Served with a side of your choice -

RUMP LOMBO 250g

128

Basted with our signature Portuguese marinade.

FILLET FILETE 250g

178

Basted with our signature Portuguese marinade.

BITOQUE

rump 148 fillet 195

A traditional favorite. 250g Steak, egg and chips topped with a fried egg & sliced hickory ham.

STEAK A PORTUGALO BIFE Á PORTUGALO rump 140 fillet 189
(COM FIGADOS DE GALINHA)

250g steak topped with our spicy tomato-based chicken livers.

RUBY PORT STEAK

rump 155 fillet 198

BIFE COM MOLHO DE VINHO DO PORT

250g steak decked with slices of sautéed black mushrooms and grilled sliced chouriço topped with our Ruby Port sauce.

ADD ON

LM Prawns 40

Calamari 40

Mussels 25

Chouriço 40

Fried Egg 8

Hickory Ham 25

Cheddar Cheese 25



Spicy



Vegetarian





PORK CHOPS COSTELETAS DE PORCO 138
2 X 200g pork chops, marinated PortuGalo style.

BEEF ESPETADA 320g 165
(The Real Way!!) Skewered Rump chunks with an olive oil, bay leaf & course sea salt rub, basted with our signature Portuguese marinade. (Medium to Rare recommended for succulence).

CHICKEN & CHOURIÇO ESPETADA 110
ESPETADA DE GALINHA E CHOURIÇO
Skewered chicken breast fillets, slices of chouriço, green peppers and onions.

 **LM BABY CHICKEN** FRANGO ASSADO half 98 full 138
No Pre-Cooking done here! Allow approx. 40-45 min.
Grilled LM style. Served in Hot / Mild *píri-píri* or Lemon & Herb.

 **CHICKEN BREAST** PEITO DE GALINHA 98
Grilled LM style. Served in Hot / Mild *píri-píri* or Lemon & Herb.

ADD ON
LM Prawns 40
Calamari 40
Mussels 25
Chouriço 40
Fried Egg 8
Hickory Ham 25
Cheddar Cheese 25

Sides / Acompanhamentos

DEEP FRIED POLENTA MILHO FRITO 25
Cooked polenta, sliced & deep fried.

BOILED BABY JACKET POTATOES BATATAS COZIDAS 20

TOMATO RICE ARROZ DE TOMATE 20
Rice cooked in a traditional homemade spiced tomato sauce.

VEGETABLES OF THE DAY VEGETAIS DO DIA 25

ROUND POTATO FRIES BATATA FRITA ÀS RODELAS 20
Traditional round, thin cut potatoes, deep fried, crispy & lightly salted.

BLACK EYED BEAN SALAD SALADA DE FEIJAO FRADE 35
Marinated black eyed beans with chopped parsley, onion & vinaigrette.

CHICKPEA IN PORTUGUESE RELISH GRAO DE BICO Á CASA 45
Sautéed chickpeas in a thick tomato and mixed pepper relish.

PORTUGUESE SIDE SALAD SALADA PORTUGUÊSA 20
Mixed lettuce, cucumber, tomatoes, red onions & black olives with Portuguese dressing.

One cannot think well, love well, sleep well, if one has not dined well.



For the Little Ones / Para as Crianças

- Served with round thin cut chips -

CHICKEN STRIPS <i>TIRAS DE FRANGO</i> 150g Grilled chicken strips with BBQ sauce.	48
KIDDIE STEAK & CHIPS 150g Tender beef steak.	68
FISH FINGERS <i>PEIXE DOURADINHOS</i> Deep fried fish fingers.	48
CHEESY PASTA <i>PASTA COM QUEIJO</i> Pasta shells in a cheesy sauce.	32

Sweet Treats / Sobremesa

PORTUGUESE CUSTARD TARTLETS <i>PASTEIS DE NATA</i> 2 Puff pastry cups filled with custard filling, baked & caramelized.	48
CHOCOLATE MOUSSE PUDDING <i>PUDIM DE MOUSSE DE CHOCOLATE</i> A rich & creamy homemade chocolate mousse.	58
ICE-CREAM WITH CHOCOLATE SAUCE <i>GELADO COM MÔLHO DE CHOCOLATE</i> Creamy vanilla ice-cream with homemade chocolate sauce.	38
POACHED PEARS <i>PÊRAS COZIDAS</i> Pears poached in cinnamon spiced red wine, served with cinnamon ice-cream on the side.	45
RICE PUDDING <i>ARROZ DOCE</i> A traditional Portuguese creamy rice pudding.	45
HEAVENLY CREAM <i>NATAS DO CEU</i> Layers of fluffy cream mousse and 'Maria' biscuits topped with a homemade custard.	45



Hot Beverages

ESPRESSO	20
MACCHIATTO	30
AMERICANO	25
CAPPUCCINO	30
CAFÉ LATTE	30
LIQUEUR COFFEES	45
GALÃO	30
Portuguese style coffee. 1 Shot espresso, 3 shots hot milk.	
- Decaf Available at Additional 5 -	
- Add Extra Shot of Espresso 10 -	
HOT CHOCOLATE	30
TEA'S	20
Full varietals available.	

Cold Beverages

DOM PEDRO'S	45
ICED COFFEE	38
MILKSHAKES	250ml 25 320ml 38
Chocolate, Strawberry, Lime	
FRUIT JUICE	250ml 20 320ml 28
Orange, Cranberry, Fruit Cocktail, Strawberry	
APPLETISER / GRAPETISER	275ml 30
SODA'S	300ml 24
SODA'S SUGAR FREE	300ml 23
SCHWEPPE'S	200ml 21
Tonic, Cucumber Tonic, Pinc Tonic, Ginger Ale, Lemonade, Soda Water, Dry Lemon.	
FUZE ICE TEA	26
Peach / lemon.	
PLAY ENERGY	250ml 34
ROCK SHANDY	28
STEELWORX	24
ROSES CORDIALS	50ml 9
Kola tonic / Passionfruit.	
NATURAL WATERS	
Local Still / Sparkling	small 16 large 25
Imported Portuguese	small 20 large 48



